POLAR RCX5™

Getting Started Guide

POLAR
LISTENS TO YOUR BODY ®

CONTENTS

1. GET TO KNOW YOUR RCX5 TRAINING COMPUTER

This guide will help you get started with your new training computer. The full user manual and the latest version of this getting started guide can be downloaded at www.polar.com/support. For video tutorials, go to http://www.polar.com/en/support/video_tutorials.

(i) Heart rate sensors with Polar specific GymLink technology, e.g. Polar H1 and H2, can be used with compatible gym equipment.

RCX5 Training Computer Parts

Polar RCX5 training computer provides you with data you need to enhance your training performance, and also saves the data for later analysis.

The comfortable **Polar WearLink®+ Hybrid / Polar H2 heart rate sensor** sends ECG-accurate heart rate signal to the training computer over the 2.4GHz W.I.N.D. and the GymLink (in water activities) technology, both proprietary to Polar. The heart rate sensor consists of a connector and a strap.

Transfer data between the training computer and the polarpersonaltrainer.com web service with **Polar DataLink** data transfer unit and WebSync software. DataLink plugs into a USB port on your computer, and it detects your training computer with wireless W.I.N.D. technology.

With **polarpersonaltrainer.com web service** you can:

- create and download the Polar Endurance training programs onto to your training computer and utilize them in your training.
- store your training files for a long-term follow-up.
- analyze and follow your progress in the training diary.
- analyze training intensity and needed recovery time using the Training Load feature.
- challenge your friends to a virtual sports competition and interact with other sports enthusiasts.

(i) *The username for your Polar Account is always your email address. The same username and password are valid for Polar product registration, polarpersonaltrainer.com, Polar discussion forum and Newsletter registration.*

With **Polar WebSync 2.4 Software** (or newer), you can:

- fine-tune your training computer settings
- personalize your RCX5 training computer display for example with your own logo
- modify training views
- set a reminder that reminds you to drink, eat or take other important actions during training
- set the Power Save mode on/off

(i) *The WebSync software can be downloaded at www.polarpersonaltrainer.com.*

Register your Polar product at http://register.polar.fi/ to ensure we can keep improving our products and services to better meet your needs.

Optional Accessories

- **Polar s3+ stride sensor** transmits the running speed/pace and distance data to your training computer and also measures running cadence and stride length.
- **Polar G5 GPS sensor / Polar G3 GPS sensor W.I.N.D.** provides speed, distance and location data, as well as track information, in all outdoor sports using Global Positioning System (GPS) technology.
- **Polar CS speed sensor W.I.N.D.** wirelessly measures distance and your real-time, average and maximum cycling speeds.
- **Polar CS cadence sensor W.I.N.D.** wirelessly measures your real-time and average cycling cadence, also known as pedaling rate, as revolutions per minute.

Data from all compatible sensors is sent wirelessly to the training computer over the 2.4GHz W.I.N.D., proprietary to Polar. This eliminates interference during training.

2. SET UP YOUR TRAINING COMPUTER

Buttons and Menu Structure
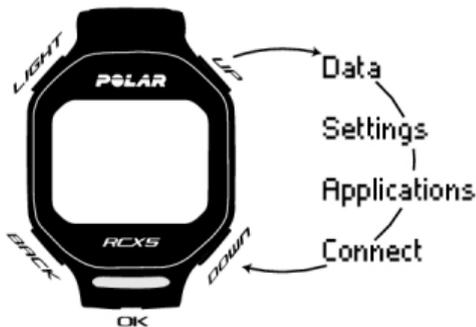
LIGHT
- Illuminate the display
- With a long press, enter QUICK MENU: in Time view lock buttons, set alarm or select time zone. During training lock buttons, search sensor, adjust training sounds, set lap view or set countdown timer.

BACK
- Exit the menu
- Return to previous level
- Leave settings unchanged
- Cancel selections
- With a long press, return to time mode from any mode

UP
- Move through selection lists
- Adjust a selected value
- With a long press, change the watch face or zoom the upmost row information in Training mode

DOWN
- Move through selection lists
- Adjust a selected value
- With a long press, switch between Time 1/Time 2 or zoom lowest row information in Training mode

OK
- Confirm selections
- Start training session
- Take a lap
- With a long press, lock your heart rate to the current sport zone in Training mode when training without preset target zones

Enter Basic Settings

Before using your training computer for the first time, customize the basic settings. Enter as accurate data as possible to ensure correct feedback based on your performance.

Activate your training computer, by pressing OK. **Select language** is displayed. You can select from **Deutsch**, **English**, **Español**, **Français**, **Italiano**, **Português**, **Suomi** or **Svenska**, accept with OK. **Please enter basic settings** is displayed. Press OK and follow the on-screen instructions to complete the basic settings.

Once the basic settings are complete, **Settings OK?** is displayed. To change your settings, press BACK until you return to the desired setting. To accept the settings, press OK and the training computer goes to the time mode.

(i) *For detailed information on the settings of your training computer, consult the full user manual at www.polar.com/support.*

3. PREPARE FOR TRAINING

Plan Your Training

The Polar RCX5 training computer offers you different ways to plan your training sessions.

1. There are four different default sport profiles in the training computer: **Running**, **Cycling (Bike 1)**, **Swimming**, and **Other sport**. Select the sport and make the necessary profile settings for each of the sports to suit your training needs. In time mode, press up to enter **Menu** > **Settings** > **Sport Profiles**. For more information on sport profile settings, see the full user manual at www.polar.com/support.

2. Once you have registered at the polarpersonaltrainer.com web service, you can download the **Polar Endurance training programs** onto your training computer by using the DataLink data transfer unit and WebSync software. For more information on endurance programs, see polarpersonaltrainer.com Help.

3. Plan and create your own training sessions at polarpersonaltrainer.com and download the training targets onto your training computer.

4. Utilize the **ZoneOptimizer feature** during your warm-up to personalize your training zones. The ZoneOptimizer feature adjusts your sport zones based on your heart rate variability.

5. The **Race Pace feature** helps you to keep a steady pace and achieve your target time for a set distance.

6. With the **Training Load feature** you can follow up on your training load and recovery in the training diary at polarpersonaltrainer.com and avoid over- or undertraining. For more information see polarpersonaltrainer.com Help.

Using an Accessory with Your RCX5

The RCX5 is compatible with the following optional Polar sensors:

• the **Polar s3+ stride sensor / Polar s3 stride sensor W.I.N.D.**
• the **Polar G5 GPS sensor / Polar G3 GPS sensor W.I.N.D.**
• the **Polar CS speed sensor W.I.N.D.** and the **Polar CS cadence sensor W.I.N.D.**

When you take a new sensor into use, it has to be activated and introduced to the training computer. This is called pairing and only takes a few seconds.

For example, pair the GPS sensor with the training computer: Select **Menu** > **Settings** > **Running** > **GPS sensor** > **Search new** and press OK. Once the new GPS sensor is identified, **GPS sensor is found** is displayed. Pairing is complete.

Pairing ensures that your training computer receives signals from your sensors only, and enables interference-free training in a group. For more information on taking a new sensor into use, see the full user manual at www.polar.com/support.

(i) *Before entering an event, make sure to perform the pairing process at home. This is to prevent interference due to the long-range data transmission.*
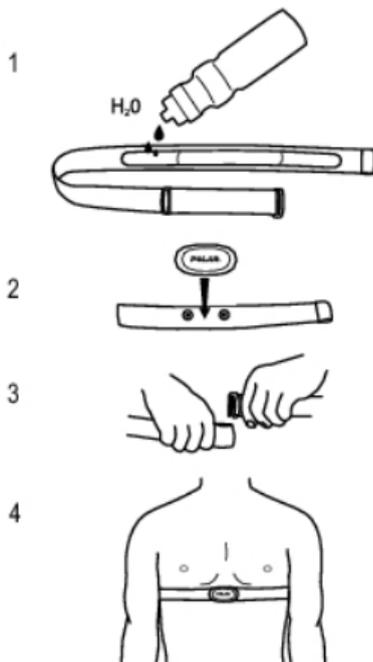
4. TRAINING

Wear the Heart Rate Sensor

Wear the heart rate sensor to measure heart rate.

1. Moisten the electrode area of the strap.
2. Attach the connector to the strap.
3. Tie the strap around your chest, just below the chest muscles, and attach the hook to the other end of the strap.
4. Adjust the strap length to fit tightly but comfortably. Check that the moist electrode areas are firmly against your skin and that the Polar logo of the connector is in a central and upright position.

(i) *Detach the connector from the strap and rinse the strap under running water after every use. Sweat and moisture may keep the electrodes wet and the heart rate sensor activated. This will reduce the heart rate sensor battery life. For more detailed washing instructions, see Important Information.*

Start Training

Wear the heart rate sensor and set up an optional sensor as instructed in the sensor's user manual. If you want to use the ZoneOptimizer feature to personalize your training zones, see the full user manual at www.polar.com/support.

START **Running**	1. Start by pressing OK. The training computer enters pre-training mode and starts searching for the sensor signals. If a sensor signal is not found, the display will show a triangle with an exclamation mark. The check mark indicates that the sensor signal is found. Select the sport for the training session by browsing with the UP/DOWN buttons.
START **Running**	2. Once all the sensor signals are found and you have selected the sport, press OK. **Recording started** is displayed, and you can start your training session.
HEART RATE **124** ⏱10:25 03 ⏱00:36.8	3. During a training session you can change the training view by browsing with UP/DOWN. With a long LIGHT button press you access the **QUICK MENU**. For further information on functions during training, consult the full user manual at www.polar.com/support.

(i) *"XX sensor low battery" is displayed during training if any of the possible sensors have low battery.*

5. AFTER TRAINING

To pause your training session, press BACK. To stop recording completely, press BACK again.

Detach the connector from the strap and rinse the strap under running water after every use. For complete care and maintenance instructions, see Important Information.

You can view basic data on your performance in **MENU** > **DATA**:

- **Training files** lists a maximum of 99 exercise files.
- **Week summaries** displays training summaries for the past 15 weeks plus the current week.

- **Totals since xx.xx.xxxx** includes cumulative values recorded during training sessions starting from the last reset date.
- In **Delete files** you can delete just one or all training files.

For deeper analysis, transfer the data to polarpersonaltrainer.com with DataLink. The web service offers you different options to analyze data with. For more information on data transfer, consult the full user manual at www.polar.com/support or polarpersonaltrainer.com Help.

6. IMPORTANT INFORMATION

Caring For Your Product

Like any electronic device, the training computer should be treated with care. The suggestions below will help you fulfill guarantee obligations and enjoy this product for many years to come.

Training computer: Keep your training computer clean. Clean it with a mild soap and water solution and rinse them with clean water. Do not immerse the training computer in water. Dry it carefully with a soft towel. Never use alcohol or any abrasive material such as steel wool or cleaning chemicals.

Connector: Detach the connector from the strap after every use and dry the connector with a soft towel. Clean the connector with a mild soap and water solution when needed. Never use alcohol or any abrasive material (eg. steel wool or cleaning chemicals).

Strap: Rinse the strap under running water after every use and hang to dry. Clean the strap gently with a mild soap and water solution when needed. Do not use moisturizing soaps, because they can leave residue on the strap. Do not soak, iron, dry clean or bleach the strap. Do not stretch the strap or bend the electrode areas sharply.

Check the label on your strap to see if it is machine washable. Never put the strap or the connector in a dryer!

Dry and store the strap and the connector separately, to maximize the heart rate sensor battery lifetime. Keep your training computer and heart rate sensor in a cool and dry place. Do not store them in a damp environment, in non-breathable material (a plastic bag or a sports bag) nor with conductive material (a wet towel). Do not expose them to direct sunlight for extended periods, such as by leaving it in a car or mounted on the bike mount.

Avoid hard hits to the training computer and the sensors, as these may damage the sensor units.

Operating temperatures are -10 °C to +50 °C / +14 °F to +122 °F.

Service

During the two-year guarantee/warranty period we recommend that you have service, other than battery replacement, done by an authorized Polar Service Center only. The warranty does not cover damage or consequential damage caused by service not authorized by Polar Electro.

For contact information and all Polar Service Center addresses, visit www.polar.com/support and country specific websites.

Register your Polar product at http://register.polar.fi/ to ensure we can keep improving our products and services to better meet your needs.

(i) *The username for your Polar Account is always your email address. The same username and password are valid for Polar product registration, polarpersonaltrainer.com, Polar discussion forum and newsletter registration.*

Batteries

The RCX5 training computer and the Polar H2 heart rate sensor both have a user changeable battery. To change the battery yourself, please follow the instructions carefully as instructed in chapter Change Batteries Yourself.

Prior to changing the batteries, please note the following:

- The low battery indicator is displayed when only 10-15% of the battery capacity is left.
- Excessive use of the backlight drains the battery more rapidly.
- The backlight and sound are automatically turned off when the low battery indicator is displayed. Any alarms set prior to the appearance of the low battery indicator will remain active.
- In cold conditions, the low battery indicator may appear, but will disappear when the temperature rises.

(i) *If you train in cold conditions (-20 °C to -10 °C / -4 °F to 14 °F) we recommend that you wear the training computer under the sleeve of your jacket, directly on your skin.*

Change Batteries Yourself

When changing the battery, make sure the sealing ring is not damaged, in which case you should replace it with a new one. You can purchase the sealing ring/battery kits at well-equipped Polar retailers and authorized Polar Services. In the USA and Canada, the additional sealing rings are available at authorized Polar Service Centers. In the USA the sealing ring/battery kits are also available at www.shoppolar.com. Go to www.polar.com to find your own country's shoppolar online store.

Keep the batteries away from children. If swallowed, contact a doctor immediately.

Batteries should be properly disposed of according to local regulations.

When handling a new, fully charged battery, avoid clasp-like contact, i.e. simultaneous from both sides, with metal or electrically conducting tools, like tweezers. This may short-circuit the battery causing it to discharge more rapidly. Typically, short circuiting does not damage the battery, but it may decrease the capacity and lifetime of the battery.

Changing Training Computer Battery

1. Open the battery cover with a coin by turning it from CLOSE to OPEN.
2. When changing training computer battery (2), remove the battery cover and lift the battery out carefully with a suitable sized small rigid stick or bar, for instance, a toothpick or small screwdriver. However, prefer a non-metal tool for wrenching the battery out. Be careful not to damage the metal sound element (*) or the grooves. Insert a new battery with the positive (+) side outwards.
3. Replace the old sealing ring with a new one (if available), fitting it snugly in the cover groove to ensure water resistance.
4. Put the cover back on and turn it clockwise to CLOSE.
5. Re-enter the basic settings.
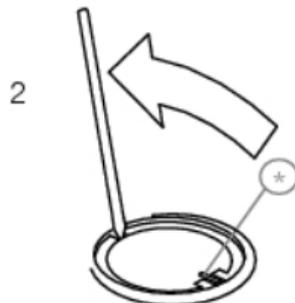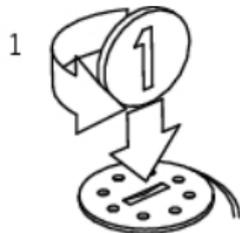
Changing Polar H2 Heart Rate Sensor Battery

1. Lever the battery cover open by using the clip on the strap.
2. Remove the old battery from the battery cover with a suitable sized small ridgid stick or bar, such as a toothpick. A non-metal tool is preferable. Be careful not to damage the battery cover.
3. Insert the battery inside the cover with the negative (-) side outwards. Make sure the sealing ring is in the groove to ensure water resistance.
4. Align the ledge on the battery cover with the slot on the connector and press the battery cover back into place. You should hear a snap.

For video tutorials on how to change the batteries, go to http://www.polar.com/en/polar_community/videos.

⚠️

Danger of explosion if the battery is replaced with wrong type.

Power Save Mode

The power save mode is enabled by default. It has the following effects on your training computer usage:

1. **Power save mode during the day**
   During the hours of 06:00 and 24:00 / 6:00am to 12:00pm, the power save mode will be activated, if you have not pressed any of the buttons for five minutes. The time shown on the display will change smaller and the AutoSync function is disabled. To exit the power save mode, press any button. The power save mode will not be enabled during training session recording.

2. **Power save mode during the night**
   During the night, in between the hours 24:00 - 06:00 / 12:00am - 06:00am, the training computer display will be switched off automatically. During this time the AutoSync function is not enabled. To exit the power save mode, press any button. After five minutes, the display returns to power save mode.

ℹ️ *The time period during which the power save mode is enabled, can be modified in the WebSync software, to better suit your training schedule. For more information, see WebSync Help.*

Battery Lifetime

The battery lifetime for the RCX5 training computer is on average 11 months and depends on which features and sensors you use. The below suggestions will help you to lengthen the battery lifetime.

- AutoSync function off.
- Do not use the GPS sensor when you don't need speed, distance or location data.

Precautions

The RCX5 training computer shows your performance indicators. Polar training computer is designed to indicate the level of physiological strain and recovery during and after exercise session. It measures heart rate, speed and distance when cycling with a Polar CS speed sensor W.I.N.D. It also measures speed and distance when running with a Polar s3+ stride sensor or with a Polar G5 GPS sensor / Polar G3 GPS sensor W.I.N.D.. The Polar CS cadence sensor W.I.N.D. is designed to measure cadence when cycling. No other use is intended or implied.

The Polar RCX5 training computer should not be used for obtaining environmental measurements that require professional or industrial precision.

Interference During Exercise

Disturbance may occur near electrical devices. Also WLAN base stations may cause interference when training with training computer. To avoid erratic reading or misbehaviors, move away from possible sources of disturbance. For further information, see www.polar.com/support.

Minimizing Risks When Exercising

Exercise may include some risk. Before beginning a regular exercise program, it is recommended that you answer the following questions concerning your health status. If you answer yes to any of these questions, we recommend that you consult a doctor before starting any training program.

- Have you been physically inactive for the past 5 years?
- Do you have high blood pressure or high blood cholesterol?
- Are you taking any blood pressure or heart medication?
- Do you have a history of breathing problems?
- Do you have symptoms of any disease?
- Are you recovering from a serious illness or medical treatment?
- Do you use a pacemaker or other implanted electronic device?
- Do you smoke?
- Are you pregnant?

In addition to exercise intensity, medications for heart conditions, blood pressure, psychological conditions, asthma, breathing, etc., as well as some energy drinks, alcohol, and nicotine may also affect heart rate.

It is important to be sensitive to your body's responses during exercise. **If you feel unexpected pain or excessive fatigue when exercising, it is recommended that you stop the exercise or continue at a lighter intensity.**

Note! If you are using a pacemaker, you can use Polar training computers. In theory interference to pacemaker caused by Polar products should not be possible. In practice no reports exist to suggest anyone ever having experienced interference. We cannot however issue an official guarantee on our products' suitability with all pacemakers or other implanted devices due to the variety of devices available. If you have any doubts, or if you experience any unusual sensations while using Polar products, please consult your physician or contact the implanted electronic device manufacturer to determine safety in your case.

If you are allergic to any substance that comes into contact with your skin or if you suspect an allergic reaction due to using the product, check the listed materials in Technical Specifications. To avoid any skin reaction to the heart rate sensor, wear it over a shirt, but moisten the shirt well under the electrodes to ensure flawless operation.

(i) *The combined impact of moisture and intense abrasion may cause a black color to come off the heart rate sensor's surface, possibly staining light-colored clothes. If you use perfume or insect repellent on your skin, you must ensure that it does not come into contact with the training computer or the heart rate sensor.*

Using RCX5 Training Computer in water: The training computer and heart rate sensor are water resistant, and can be used in water activities. Other compatible sensors are water resistant, and can be used in rainy weather. The training computer may be worn when swimming. It is not, however, a diving instrument. To maintain water resistance, do not press the buttons of the training computer under water. To maintain the water resistance, do not wash the training computer or the sensors with a

pressure washer. When measuring heart rate in water, you may experience interference for various reasons. For more information, consult the full user manual at www.polar.com/support. If you are having problems measuring heart rate in salt water or highly chlorinated water, we recommend you use the Polar T31c heart rate sensor.

Technical Specifications

Training computer

Battery life:	Average 8-11 months (if you train on average 1h/day, 7 days/week)
Battery type:	CR 2032
Battery sealing ring:	EPDM O-ring 24.30 x 0.8 mm (no need to change during battery replacement if sealing ring is not damaged)
Operating temperature:	-10 °C to +50 °C / 14 °F to 122 °F
Training computer materials:	PMMA lens with hard coating in top surface, training computer body ABS+GF metal parts stainless steel
Wrist strap and buckle materials:	Polyurethane (TPU) and stainless steel
Watch accuracy:	Better than ± 0.5 seconds / day at 25 °C / 77 °F temperature.
Accuracy of heart rate monitor:	± 1% or 1 bpm, whichever larger. Definition applies to stable conditions.
Heart rate measuring range:	15-240 bpm
Current speed display range:	0-127 km/h or 0-75 mph
Water resistance:	30 m (suitable for bathing and swimming)

Training computer limit values

Maximum number of files:	99
Maximum number of training sessions in multisport file:	99
Maximum time recorded to file:	99 h 59 min 59 s
Maximum number of laps:	99
Maximum number of laps in multi sport sessions:	99 per sport
Total distance:	999 999 km / 621 370 mi
Total duration:	9999 h 59 min 59 s
Total calories:	999 999 kcal
Total exercise count:	9999

Heart rate sensor

Polar H2 battery life:	800 h
Battery type:	CR2025
Battery sealing ring:	O-ring 20.0 x 0.90 Material Silicone
Operating temperature:	-10 °C to +50 °C / 14 °F to 122 °F
Connector material:	ABS
Strap material:	38% Polyamide, 29% Polyurethane, 20% Elastane, 13% Polyester

Water resistance:	30 m (suitable for bathing and swimming)

Polar WebSync Software and Polar DataLink

System Requirements:	Operating system: Microsoft Windows XP/Vista/7 or Intel Mac OS X 10.5 or newer
	Internet connection
	Free USB port for DataLink

Limited International Polar Guarantee

- This guarantee does not affect the consumer's statutory rights under applicable national or state laws in force, or the consumer's rights against the dealer arising from their sales/purchase contract.
- This limited Polar international guarantee is issued by Polar Electro Inc. for consumers who have purchased this product in the USA or Canada. This limited Polar international guarantee is issued by Polar Electro Oy for consumers who have purchased this product in other countries.
- Polar Electro Oy/Polar Electro Inc. guarantees the original consumer/purchaser of this device that the product will be free from defects in material or workmanship for two (2) years from the date of purchase.
- **The receipt of the original purchase is your proof of purchase!**
- The guarantee does not cover the battery, normal wear and tear, damage due to misuse, abuse, accidents or non-compliance with the precautions; improper maintenance, commercial use, cracked, broken or scratched cases/displays, armband, elastic strap and Polar apparel.

- The guarantee does not cover any damage/s, losses, costs or expenses, direct, indirect or incidental, consequential or special, arising out of, or related to the product.
- Items purchased second hand are not covered by the two (2) year warranty, unless otherwise stipulated by local law.
- During the guarantee period, the product will be either repaired or replaced at any of the authorized Polar Service Centers regardless of the country of purchase.

Guarantee with respect to any product will be limited to countries where the product has been initially marketed.

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registered trademark of Microsoft Corporation and Mac OS is a registered trademark of Apple Inc.

Polar Electro Oy is a ISO 9001:2008 certified company.

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This product is compliant with Directives 93/42/EEC, 1999/5/EC and 2011/65/EU. The relevant Declaration of Conformity is available at www.polar.com/support.

Regulatory information is available at www.polar.com/support.

Compliance Statement

Canada

Polar Electro Oy has not approved any changes or modifications to this device by the user. Any changes or modifications could void the user's authority to operate the equipment.

Polar Electro Oy n'a approué aucune modification apportée à l'appareil par l'utilisateur, quelle qu'en soit la nature. Tout changement ou toute modification peuvent annuler le droit d'utilisation de l'appareil par l'utilisateur.

Industry Canada (IC) regulatory information

Under Industry Canada regulations, this radio transmitter may only operate using an antenna of a type and maximum (or lesser) gain approved for the transmitter by Industry Canada. To reduce potential radio interference to other users, the antenna type and its gain should be so chosen that the equivalent isotropically radiated power (e.i.r.p.) is not more than that necessary for successful communication.

This device complies with Industry Canada licence-exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

Avis de conformité à la réglementation d'Industrie Canada

Conformément à la réglementation d'Industrie Canada, le présent émetteur radio peut fonctionner avec une antenne d'un

type et d'un gain maximal (ou inférieur) approuvé pour l'émetteur par Industrie Canada. Dans le but de réduire les risques de brouillage radioélectrique à l'intention des autres utilisateurs, il faut choisir le type d'antenne et son gain de sorte que la puissance isotrope rayonnée équivalente (p.i.r.e) ne dépasse pas l'intensité nécessaire à l'établissement d'une communication satisfaisante.

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes : (1) l'appareil ne doit pas produire de brouillage, et (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

Class B digital device notice

This Class B digital apparatus complies with Canadian ICES-003, RSS-Gen and RSS-210.

Cet appareil numérique de la classe B est conforme à la norme NMB-003, CNR-Gen et CNR-210 du Canada.

USA

Polar Electro Oy has not approved any changes or modifications to this device by the user. Any changes or modifi cations could void the user's authority to operate the equipment.

FCC regulatory information

This device complies with part 15 of the FCC rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) This device must accept any interference received, including interference that may cause undesired operation.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no

guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

1. Reorient or relocate the receiving antenna.
2. Increase the separation between the equipment and receiver.
3. Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
4. Consult the dealer or an experienced radio/TV technician for help.

This product emits radio frequency energy, but the radiated output power of this device is far below the FCC radio frequency exposure limits. This equipment complies with FCC RF radiation exposure limits forth for an uncontrolled environment. Nevertheless, the device should be used in such a manner that the potential for human contact with the antenna during normal operation is minimized.

This marking shows that the product is protected against electric shocks.

This crossed out wheeled bin marking shows that Polar products are electronic devices and are in the scope of Directive 2002/96/EC of the European Parliament and of the Council on waste electrical and electronic equipment (WEEE) and batteries and accumulators used in products are in the scope of Directive 2006/66/EC of the European Parliament and of the Council of 6 September 2006 on batteries and accumulators and waste batteries and accumulators. These products and batteries/accumulators inside Polar products should thus be disposed of separately in EU countries.

Disclaimer

- The material in this manual is for informational purposes only. The products it describes are subject to change without prior notice, due to the manufacturer's continuous development program.
- Polar Electro Inc./Polar Electro Oy makes no representations or warranties with respect to this manual or with respect to the products described herein.
- Polar Electro Inc./Polar Electro Oy shall not be liable for any damages, losses, costs or expenses, direct, indirect or incidental, consequential or special, arising out of, or related to the use of this material or the products described herein.

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POLAR
LISTENS TO YOUR BODY